

Foodnity Recipes

Watermelon Cucumber Feta Salad

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	

Ingredients

Main Ingredients

- [ ] 4 cups watermelon, cubed
- [ ] 2 cups cucumber, sliced thin
- [ ] 1/2 cup feta cheese, crumbled
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lime juice
- [ ] 1 tbsp fresh mint leaves, chopped
- [ ] Pinch of sea salt

Instructions

1. Start by placing the watermelon cubes in a large bowl; the bright red looks inviting.
2. Add the cucumber slices, then drizzle the olive oil and lime juice over the fruit.
3. Sprinkle a pinch of sea salt and toss gently, letting the flavors mingle for a couple of minutes.
4. Just before serving, crumble the feta over the top and scatter the fresh mint leaves for aroma.
5. Serve immediately, perhaps alongside skewers for a fuller summer spread.

Nutrition per serving

150 kcal	5 g	14 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the watermelon is very juicy, you can lightly salt it and let it sit for 5 minutes, then drain excess liquid.
- For extra zing, add a dash of crushed red pepper flakes.
- This salad pairs wonderfully with grilled fish or a light quinoa bowl.